



# Women in Leadership Programme



## Overview

**£2,995 per participant**

- 6 day programme
- 4 x 1-2-1 coaching sessions
- 3 self-awareness profiles
- Delivered in-house or \*externally
- 9-12 participants

## 4 Pillars

## Agenda

Programme content is based around 4 pillars:

- Self-awareness
- Self-acceptance
- Self-management
- Self-development

## Tools

## Development Tools

- Personality profile
- Strengths Leadership profile
- Emotional intelligence profile (*optional 360*)
- Co-coaching
- Action learning set

## Learning Outcomes



- Greater self-awareness (individual / leader)
- Increase your confidence
- Develop your voice and impact
- Practice Coaching tools & techniques in a safe & supportive environment



## Delivery Methodology

- Best practice theory, tools & techniques
- Facilitation & discussion
- Peer to peer learning
- Coaching skills practice
- Interactive, insightful & supportive learning environment

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